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Changes to end-of-life care during COVID-19

by JENN WATT
Editor

For those needing end-of-life and palliative care, necessary precautions have changed how services are offered and what opportunities for connection with family and friends will be like.

Limits on visitors to the palliative care units, the addition of personal protective equipment, increased usage of videoconferencing technology and changes to at-home hospice services have all been implemented by Haliburton Highlands Health Services.

The goal is to find a balance between the necessity of human connection during one of the most important parts of life, and observing the protocols to control the spread of a deadly virus.

Following the advice of the chief medical officer of health for Ontario issued on March 13, HHHS limited access to long-term care and acute care, which includes its two palliative care beds, to essential visitors only "in order to reduce the risk of transmission of COVID-19 to vulnerable residents and patients," Stephanie MacLaren, VP of community programs at HHHS, said via email.

This means only one person can visit with critical or end-of-life patients or residents at a

see PHONE page 2



A girl's best friend

Minden's Emma Gillam said her service dog Biggie has helped her cope with her mental health challenges. The 15-year-old said her Doberman accepts her for who she is and helps her enjoy simple things like a walk down the road without anxiety. See more on page 8. /DARREN LUM Staff

MH to proceed with scheduled capital projects

by CHAD INGRAM
Times Staff

The Township of Minden Hills will proceed with tendering the roads construction and public works projects in its 2020 budget

amid the COVID-19 crisis, councillors decided at an April 30 meeting.

Councillors and staff took part in that meeting remotely using online teleconferencing platform Zoom, with the meeting broadcast via YouTube. The province has granted municipal council permission to conduct meetings electronically amid the COVID-19

pandemic.

The province has also issued restrictions on construction for all but "critical" infrastructure and public works director Travis Wilson told councillors part of what they had to consider was whether they thought the projects on the list met that criteria.

see CONSTRUCTION page 3

Keep taking care of what matters most.

To everyone keeping us safe by keeping their distance, to those buying supplies for someone in need, and to all the frontline and emergency workers, we want to thank you for going where you're needed. Making sure you get there is the least we can do.



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Phone, videoconferencing connects loved ones

from page 1

time. That visitor must also be screened for COVID-19 and must wear full personal protective equipment. They can visit only the patient they are supporting.

"We recognize how difficult this is for family of loved ones facing end-of-life," said HHHS president and CEO Carolyn Plummer by email. "It was not an easy decision to make but we have to be diligent in ensuring we are doing all we can to prevent the spread of COVID-19. Like other hospitals across the country, we have taken extra steps to ensure that we have enhanced our capacity to offer virtual visits to families – either through phone, or videoconferencing. We realize this is not the same as visiting in person."

On average, about eight patients are admitted per month to the palliative care beds.

The current policy of only one visitor at a time does not change when death is imminent.

HHHS also runs the community's hospice program, which

in the 2019-2020 year provided 93 people with support from volunteers.

During the pandemic, volunteers are offering their support virtually and professional staff continue to visit homes to provide care.

"Central East Home and Community Care continues to provide personal support workers, nursing staff and other health-care professionals to support palliation in the home," MacLaren said. "Local physicians remain stalwart in their commitment to this valuable and necessary work and our HHHS palliative care nurse navigator and social worker remain very active ensuring that our community clients' and families' needs are being met in the home and that the whole care team is working together. The use of personal protective equipment and limitation of numbers gathering would apply in all instances of home visits from HHHS staff."

Last year, 208 people were supported by the Palliative Care Community Team.

“

We have taken extra steps to ensure that we have enhanced our capacity to offer virtual visits to families – either through phone, or videoconferencing.

— HHHS CEO CAROLYN PLUMMER

”

Long-term care residents undergo universal coronavirus testing

by JENN WATT
Editor

All long-term care residents and staff have been tested for COVID-19 at Haliburton Highlands Health Services facilities as part of a directive of the Ontario government.

In an update to the community dated May 1, CEO Carolyn Plummer said the move would identify any asymptomatic cases of the coronavirus, if there are any, and would contribute to the bigger picture for the province as it seeks to better understand the spread in long-term care homes.

As of May 5, no tests have returned positive results, however many tests are still pending.

"We are looking at this testing as strictly one 'snapshot in time' and even if all tests are negative, we will not relax our diligent work to protect all residents, including through physical distancing and handwashing, twice-daily screening of staff and residents, and the wearing of masks in our facilities," Plummer said in her letter.

HHHS has two long-term care facilities: Hyland Crest in Minden and Highland Wood in Haliburton.

Last week, Plummer announced the corporation had moved to seal its long-term care units from the adjoining hospital facilities in both towns, creating additional protection for the residents and staff.

Temporary walls, separate entrances, break rooms and change rooms were added and work flows changed so staff and essential visitors are not moving between the distinct sections of the building.

Plummer also urged those who need medical attention, whether COVID-19 related or not, to continue to come to HHHS. Those who suspect they may have COVID-19 are asked to call ahead to alert HHHS or other health service providers of their symptoms.

To access the online self-assessment, go to Ontario.ca/coronavirus or call 1-866-767-0000. If prompted to go to an assessment centre, you must first make an appointment at the Haliburton Family Medical Centre at 705-457-1212 and press 6.

MH council costs \$195K for 2019

by CHAD INGRAM
Times Staff

Minden Hills council cost just less than \$195,000 to operate in 2019.

Councillors received a report on their remuneration, expenses and benefits during an April 30 meeting. That meeting had councillors take part remotely using online videoconferencing platform Zoom, with the meeting broadcast via YouTube.

Mayor Brent Devolin received just less than \$32,000 in remuneration, used about \$1,300 in benefits and had just more than \$1,850 in conference and education expenses for a total of just more than \$38,600. Deputy Mayor Lisa Schell was paid approximately \$25,750 in remuneration, used about \$1,630 in benefits and had \$300 in travel expenses for a total of just more than \$27,690. Councillors Bob Carter, Jennifer Hughey, Ron Nesbitt, Jean Neville and Pam Sayne each received \$21,170 in remuneration, and with benefits, travel and conference and education expenses had respective totals of approximately \$24,070; \$24,170; \$24,450; \$24,700; and \$30,350.

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Summer intern reporting from a distance

by ZACHARY ROMAN
Times Staff

I had never been more excited for any job, ever. Moving out to the Highlands for the summer and pursuing my love of journalism with an internship at the *Minden Times* and *Haliburton Echo* was like a dream come true.

For my entire life I have loved Ontario's cottage country. While I go to school at Ryerson University in Toronto, I am decidedly not a city person. A summer isn't a summer in my eyes without a camping trip at Killbear Provincial Park in Parry Sound, or a visit to a friend's cottage on the lake. I love the outdoors passionately – and while I hadn't ever been to Haliburton, I got the idea from all of my research that I'd fit in perfectly.

Unfortunately, just like everyone else who had big plans this summer, the onset of COVID-19 threw a wrench in mine. The biggest wrench in the whole toolbox.

But not the biggest wrench in the tool shed, as luckily for me, my internship has turned to an internet-ship. I will still be reporting for the *Minden Times* and *Haliburton Echo* this summer (I suppose you wouldn't be reading this if I wasn't) from my family home in Caledon, just north of Brampton. I'll be setting a new all-time phone bill world record as I look forward to getting to know you and your community, through interviews that I wish could be in person.



Reporter Zach Roman will be working for the *Haliburton Echo* and *Minden Times* this summer. /MICHAELA BELL Special to the Times

One of my favourite parts of journalism is how many people I get to meet, learn from and laugh with. I'll always love and appreciate that I have the privilege to amplify voices that haven't been heard and tell the stories of people that haven't been told before.

When I'm not on the beat reporting, you can find me downhill longboarding or training my family's new rescue dog, Otis. Someday I hope to teach him how to skateboard – but for now we're just enjoying every minute of getting to know each other.

So if you know of an awesome hill I should ride, or perhaps more importantly have a story idea, feel free to reach out to me by email at zachary@haliburtonpress.com or on Twitter @roman_reports. Let's talk!

Construction to take place in late summer, fall

from page 1

“As council is aware, we have many projects planned for 2020,” said Wilson. Those projects include the rehabilitation of the Sunnybrook bridge in downtown Minden; the reconstruction of IGA Road; a drainage project on Shetland Road; repairs to the Salerno Lake Road bridge; resurfacing; gravel resurfacing; a rehabilitation project on Milburn Road; sloping at the Scotch Line landfill; and the closure of the Irondale landfill.

“All projects are considered essential and critical,” Wilson said. “Some can be difficult to believe that they are critical and the reason for that would be the condition they have been in for such a long time. IGA Road, Bobcaygeon [Road] have been in poor condition for a long time, so to say that it’s critical the work is completed can be questioned.”

“This report is just seeking some direction from council with regards to continuation of these projects in 2020,” Wilson said. The resurfacing projects have already been tendered, and Wilson told council the tender documents for the rest of the projects were basically ready to go.

An additional consideration for council, Wilson explained, was whether the township would be willing to assist the contractors who win the jobs with the additional costs they will accrue due to safety protocols associated with the COVID-19 outbreak. Companies will have to send more vehicles to keep employees safely separated, meaning heavier mileage, for example. More accommodations could be required.

“And that’s for consideration to council, whether they would consider any additional costs or splitting some of the costs with these contractors, in good faith, for the fact they do have some additional fees ahead of them,”

Wilson said.

Wilson said an additional consideration for council was that grants may be on the way since typically in times of economic recession – in the years following the 2008 recession, for example – the provincial and federal government make large amounts of infrastructure funding available to municipalities.

“We did see a large investment from the government [following the 2008 recession],” he said.

Finally, Wilson added that a risk of deferring projects might be price gouging that may occur later once the construction industry is fully re-opened.

Deputy Mayor Lisa Schell was in favour of proceeding with the projects.

“Some of the concerns I have, is that some of these things, I feel, yes, they’ve been that way for a long time, but I still consider them critical,” Schell said. “IGA Road may have looked the way it does for many years, but that doesn’t make it any less worthy to be fixed.”

Schell said that unless the projects that have yet to be tendered come in way over budget, she’d prefer to put any infrastructure grants the township might receive toward other projects on the township’s to-do list of roads work. “So that we can get ahead in the roads department, rather than continually getting behind,” she said.

Councillor Bob Carter said he’d prefer to put grant funding the township might receive toward some of the 2020 projects.

“Both levels of senior government are going to be looking to start the economy up through infrastructure,” Carter said.

Ultimately, council decided to proceed with the projects in a 5-2 vote, with construction expected to begin in late summer/fall.



Minden Hills councillors have decided to proceed with the township's scheduled public works projects for 2020, including the reconstruction of IGA Road, which has been in poor condition for many years. / CHAD INGRAM Staff



Jumping in the lake for the food bank

Responding to a challenge from the Balsam Lake Association, Amanda Federchuk jumped into Horseshoe Lake – in a dress, because why not? – on Saturday, May 2 to raise money for the Minden Community Food Bank amid the COVID-19 crisis. Federchuk raised more than \$1,200 in donations for her jump. /Photo by Sondra Cassidy

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DISCLAIMER

The information provided on this page is considered current and valid as of May 4, 2020.

While the Township of Minden Hills works diligently to provide the public with the most current information regarding service provisions and reductions during the COVID-19 pandemic, we are aware that, due to the rapidly evolving nature of outbreak, information can, and may, change on a daily basis. The public is strongly encouraged to refer our website at www.mindenhills.ca for current and up-to-date information. Anyone unable to access the website can call 705-286-1260 or email admin@mindenhills.ca for assistance.

PRE-AUTHORIZED PAYMENT PLAN

Preauthorized payment plan withdrawals will continue as originally scheduled. Ten (10) month plan payments will be deducted on the last business day of each month. The installment plan payments will be withdrawn on May 22nd, 2020. Post-dated cheques on file will also be deposited on the dates as indicated on the cheques.

If you have any questions or concerns regarding your preauthorized payment plan or post-dated cheques, please call 705-286-1260, extension 201..

REQUEST FOR PROPOSAL #ENV 20-04 FURNITURE AND BULKY ITEM DISPOSAL

The Township is accepting bids from qualified Respondents for transport and processing services to remove materials from the Scotch Line site for recycling or final disposal off-site.

The deadline for submissions is May 8, 2020 by 12:00 noon. Visit mindenhills.ca/tenders to view all requirements and submission instructions for this tender.

HOUSEHOLD HAZARDOUS WASTE EVENT DAY

Due to COVID-19, the Household Hazardous Waste Event originally scheduled for Saturday May 16th has been **postponed** to Saturday June 6th, from 8am – 11:30am at the Scotch Line Landfill.

TAX DUE DATE EXTENSION

The tax due date for the 1st installment of the 2020 interim tax billing is **extended to May 29, 2020**, without penalty or interest. The tax due date for the 2nd installment of the 2020 interim tax billing is **extended to June 26, 2020**, without penalty or interest.

COUNCIL MEETINGS

As a result of the COVID-19 (Coronavirus) outbreak, all Council and Committee of the Whole meetings will be conducted virtually via web conference; and Closed Session meetings via teleconference, until further notice.

Meetings are held virtually, starting at 9:00 AM in the Minden Council office, 7 Milne Street. The schedule of upcoming meetings are:

May 14 - Committee of the Whole Council Meeting
Mar 28 - Regular Council Meeting

During this unprecedented time, the health and safety of our community is of paramount importance. Members of the Public are invited to observe Council proceedings by joining a live-stream link available on the township website at www.mindenhills.ca/council/ or by using the direct link provided in the notice. We encourage those wishing to view the meeting to also download the agenda, as it will not be displayed during the streaming process. Meeting agendas can be downloaded by visiting our website at www.mindenhills.ca/council/.

Please note the live-stream link provided for each meeting will only be activated while Council is in session.

TOWNSHIP SERVICE PROVISION REDUCTIONS

A reminder that all Township facilities remain closed to the public, until further notice. Administrative call answering services will remain available between the hours of 8:30 AM and 4:30 PM Monday to Friday, 705-286-1260 listen carefully to the full message and follow the message prompts or admin@mindenhills.ca.

Please provide your name, contact information (phone and/or email) and a clear and brief message regarding the reason for your call.

The public can be assured that essential services will be maintained as much as possible.

We are asking the public to restrict inquiries to Township priority requests only and please understand that it may take longer to reply to messages as Staff handle increased phone and email inquiries.

We are also asking the public for their patience during this time and to observe our request to contact the Township for municipal related inquiries by the following methods only:

Telephone: 705-286-1260 listen carefully to the full message and follow the message prompts
Email: admin@mindenhills.ca

Please do not call or email the various Departments or their related extensions or submit inquiries through the Minden Hills website Contact Us form.

If you are aware of anyone who is not adhering to the Government's order which prohibits organized public events and social gatherings of more than five (5) people, or who are not practicing appropriate physical distancing; you are encouraged to contact your local police department or the OPP at 1-888-310-1122 or online by visiting opp.ca/reporting.

For a complete list of all Township service provision reductions, please go to: www.mindenhills.ca/covid-19-information/



Housing on the rise

Construction on the second phase of Pinegrove Place, the affordable housing complex off Parkside Street near the Minden Hills arena, is moving along. A project of the Kawartha Lakes Haliburton Housing Corporation, the \$4-million facility will contain 21 units spread over three floors. /CHAD INGRAM Staff



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Schmale distances himself from Sloan comments

by CHAD INGRAM
Times Staff

Haliburton-Kawartha Lakes-Brock MP Jamie Schmale says he doesn't know what his caucus colleague and Conservative party leadership hopeful Hastings-Lennox and Addington MP Derek Sloan was thinking with his verbal attack on Canada's top doctor, and does not share his views.

Late last month, Sloan, a rookie MP, came under national fire after issuing a video wherein he asked if Canada's chief medical officer of health Dr. Theresa Tam, who leads the country's response to the COVID-19 crisis, worked for Canada or China.

"Derek Sloan's comments were obviously not helpful at this time," Schmale said, in reference to the high-stress environment the pandemic has created. "I personally do not question Dr. Tam's commitment to Canada."

Schmale went on to point out that Tam was actually born in Hong Kong, which has historically had high tensions with the Chinese government, implying that even Sloan's logic is flawed.

Many have labelled the comment as racist and Schmale was asked if he agreed with that assessment.

"What prompted him to do that . . . I don't know," Schmale said, adding that while their ridings share a border in the eastern portion of Haliburton County, he doesn't know Sloan very well. "I've only met him a couple of times."

While Sloan has walked back his comments, he's refused to formally apologize, and Schmale was asked if he should.

"I think he's boxed himself in in terms of

his campaign slogan," Schmale replied.

Sloan's campaign slogan for the party's leadership is "Conservative without apology."

"He's put himself in a very tough position," Schmale said, calling that position a "no-win situation."

Schmale was unequivocal in that he will not be supporting Sloan's leadership bid. "I'm not supporting his leadership campaign," the MP said.

There have been calls for Sloan to be ejected from the Conservative caucus, and Schmale was asked if he agreed that Sloan should get the boot.

"Those discussions are ongoing," Schmale said, adding it was a matter of caucus confidentiality and so was not prepared to comment further.

The Conservatives have been critical of some of Tam's directives and Schmale said that when the pandemic is over, certainly the process that was undertaken in the country needs to be subject to scrutiny.

"Some questions do need to be asked," he said, giving the example of why more widespread testing has not been conducted, pointing out that in countries such as South Korea and Taiwan, widespread testing and subsequent isolation has proved to keep those countries' cases of COVID-19 relatively low. "Taiwan basically managed to keep schools open."

Sloan's comments have angered municipal leaders within his riding, with a number of media outlets reporting that the warden and chief administrative officer of Hastings County sent a letter to now-interim Conservative leader Andrew Scheer, asking that he expel Sloan from the caucus.



ANNUAL MEMBERSHIP NOTICE

Due to restrictions mandated as a result of the COVID-19 global pandemic, the 24th Annual General Meeting (AGM) of the Haliburton Highlands Health Services Corporation (HHHS) originally scheduled to be held in June, 2020 will be delayed. As of this time, a date for the AGM is still to be confirmed. A further notice will be published once the date has been set.

2020-21 Membership in the HHHS Corporation is available to any individual who is a resident* of, or who is employed or operates a business in, the County of Haliburton or in the Townships formerly known as Laxton, Digby and Longford, or Bexley or Somerville of Victoria county, or Cavendish and Galway of Peterborough County for a period of at least 12 months immediately prior to the payment of an annual membership fee of ten dollars (\$10).

Membership in the Corporation entitles an individual to vote at any general meeting of the Corporation. **To be eligible to vote at the 2020 AGM, new memberships must be obtained by May 25, 2020.** Members of the Corporation are also entitled to nominate Directors for election to the Board.

Forms for corporate membership can be found on the website listed below (under *Admin&Board&Board&Oversight*) and payment of the membership fee can be arranged by contacting:

Marlene Vieira
HHHS Administration Office
7199 Gelert Road, Haliburton, ON K0M 1S0
Phone: 705-457-2527
Email: mvieira@hhhs.ca
Website: www.hhhs.ca

* this includes seasonal residents(i.e., summer cottagers / landowners)

Vandalism in Minden's downtown comes at time of elevated stress

by JENN WATT
Editor

Each morning, Janine Harrison likes to take a walk through Minden's downtown, making her way to Canadian Tire and back. She's familiar with the local streetscape, so on Wednesday, April 29, she easily spotted new posters pasted on buildings along her route.

Although she didn't immediately go up to read them closely, she said she could tell they were calling the coronavirus pandemic a hoax.

On her way back home, she took extra time on Bobcaygeon Road, documenting some of the posters and later uploading them to Facebook. Topics include coronavirus, 5G, and the media, among others.

While she said everyone has a right to their opinions, she was upset by the disregard for local businesses.

"Everybody has their own beliefs, I get it, but it was more the vandalized aspect of it that bothered me. I don't know what [the posters are] stuck up there with. If you look at them, there's something plastered all over them and then on the windows. I just thought that was what bothered me most. The stuff that they're spouting, you're going to find that no matter what's going on in the world," Harrison said.

Dana Mann, front shop manager at Pharmasave, said the posters brought additional stress to an already busy day for the pharmacy's staff. Five posters were stuck to the front of their store.

"They were [stuck] on with some kind of substance that we were almost afraid to



One of several posters plastered to storefronts in Minden's downtown on April 29. Those removing the signs said they were affixed with a brown substance. / CHAD INGRAM Staff

touch," she said.

Although Pharmasave has a camera, Mann said she thinks cold temperatures frosted the lens and they do not have any images of who glued the posters to the store. She said she hopes someone along the street has a video.

Mike McKeon, one of the owners of Up

River Trading Co., also spent time removing a poster from his window on Wednesday morning. He said he did not want anyone to think he agreed with the COVID-19 hoax messaging.

"We don't agree with the statement. We are happy to close in the public's best interest

“

Everybody has their own beliefs, I get it, but it was more the vandalized aspect of it that bothered me.

— JANINE HARRISON

”

hoping to re-open as soon as it's safe. People are allowed to have a voice, but please not on my property implying that I in any way agree," he said.

He hoped attention given to the act of vandalism did not give a louder voice to whoever put the posters up.

"Although someone's entitled to an opinion, I don't want to give a voice to vandals' acts. This is real. This thing's not a hoax. It's real. ... A lot of people have died from this and a lot more would have died had we not taken these measures," he said.

According to Johns Hopkins University's Coronavirus Resource Center, as of May 5, worldwide more than 252,000 deaths have been attributed to COVID-19 and more than 3.6 million people have contracted the virus.

This incident is currently under investigation by the Haliburton Highlands OPP. Video of the street obtained by police to date is not clear enough to identify suspects, a spokesperson for the OPP said. The investigation is ongoing.



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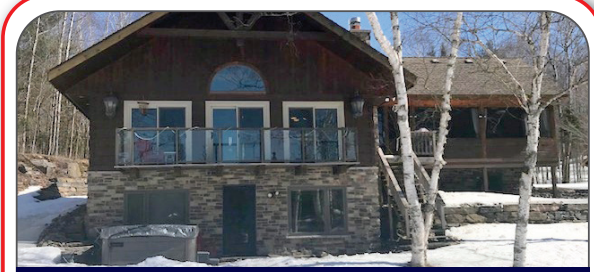
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Love for local

EARLIER THIS week, the Ontario government began easing restrictions on some businesses – landscapers and garden centres among them – after a month and a half of business clampdown amid the ongoing COVID-19 pandemic.

The government has announced there will be a phased re-opening of businesses in the province once it has seen a few weeks of steadily declining new daily cases of the virus. A staggering and assessment period of two to four weeks is to take place between each of those stages, of which there are three. Even at the third stage, large events such as concerts are not expected to be able to take place.

The past month and a half has been an extremely difficult period for many of Haliburton County’s businesses, to the point where some business owners have said they doubt they will ever be able to open their doors again, and it looks like, depending on the nature of the businesses, those hard times are bound to continue for a number of weeks or months yet.

The importance of supporting local businesses is a message that’s filled this space a number of times before, but it’s probably never been so important or immediate as now. Particularly as we head into the time of year when most of the community’s businesses make most of their money, many of them are going to need our support in order to survive.

Many businesses that have

been able to have been operating in a modified fashion, including curbside pickup and delivery services from the county’s two craft breweries (yes, I am listing this first), and a variety of curbside pickup and takeout options from eateries. Starting this month, two popular restaurants along the Highway 35 corridor have started a supper club where multi-course meals and adult beverages can be delivered to your door if you live within a certain radius.



CHAD INGRAM
Reporter

There are many businesses that continue to offer gift certificates that can be picked up curbside. Mother’s Day is just a few days away and if you’re a terrible procrastinator in this department, like yours truly, then there’s still

time to support local business as you do your Mother’s Day shopping.

As most of the county’s major summer events including the Haliburton Home and Cottage Show and the Haliburton Art and Craft Festival have already been cancelled, it means many local artists, artisans and vendors of all kinds will be without some of their major money-making venues for the year. Many continue to sell their art and goods via the internet, so if there’s one you’re a particular fan of, seek them out and see what they have to offer during this strange time.

This summer is going to be a very a different summer in the Haliburton Highlands, and its businesses need our support more than ever before.



Day at the marsh. /JENN WATT Staff

A new best friend

I AM WRITING this column a day earlier than I normally do because tomorrow I will be busy doing something I’ve been waiting for since last fall. I’ll finally be picking up my new hunting dog.

Though I have not yet formally met Rosie (thanks to precautions due to COVID-19) I’m pretty sure that she and I are going to get along just fine. Rosie is an English springer spaniel from some pretty good bloodlines and her main purpose in life is to hunt up and retrieve birds. And though my bloodlines are probably not nearly as good, my main purpose in life pretty well jives with hers.

That’s why I am fairly certain we will get along just fine.

Make no mistake; this is a big event for me. You see, Rosie, if she lives as long as an English springer spaniel is supposed to, will very likely be the last hunting dog I own. They generally reach somewhere north of 15 years, so by the time she’s passed on, I’ll be in my early 70s and I don’t imagine I’ll have the energy to keep up with a hunting dog. After all, a hunter should never need more naps than his dog.

Between then and now, however, I’m going to get to know my little Rosie well – and, if all goes as planned, we will soon be inseparable.

Our friendship will start with a good, long chat on the two and a half hour car ride home. I’ll be completely honest and tell her that though I’m a fair wing shot, she should expect me to miss the odd grouse, woodcock and duck on occasion.

(And I’ll also ask that we keep that between us.)

In return, I’ll let her know that I’m open to sharing my sandwiches in the field and I’ll disclose that I have a few favourite hunting spots I’ve never shown anyone else.

Then we’ll make a simple deal: I won’t expect perfection from her so long as she doesn’t expect it from me.

I’ll also let her know that I have a spot just below my office desk, tailor made for a hunting dog who wants to sleep nearby – and that if she plays her cards right, I can place a pillow there too.

I’ll tell her she’s going to a nice home where she will be fed, walked and played with every day. I’ll let her know about the patch of woods at the end of the road where she’ll learn to hunt up and retrieve training dummies and have fun exploring the natural world.

She’ll also learn that I work from home so she’ll never be lonely. And I hope she’ll be pleased to hear that, by the time autumn rolls around, she and I will spend a lot of time traipsing through the uplands or enjoying each other’s company in a duck boat.

Heck, I might even tell her that my favourite movies are *Raiders of the Lost Ark*, *Lawrence of Arabia* and *Zulu*, roughly in that order or that I sometimes get teary-eyed when I think about my old English springer spaniel Callie or a golden retriever I loved named Honey.

And you know, if she yips, barks, or mewls back, I’ll be happy to listen too. Heck, that’s just what best friends do.



STEVE GALEA
Beyond 35

IN OTHER WORDS

Columns and Letters to the Editor

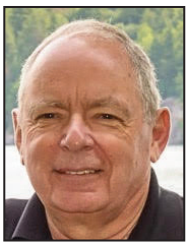
The trees and me

LEAF BUDDING is taking its time because of this spring's chill. But slowly and surely new leaves are appearing, and soon those long views through a naked forest will be gone.

That's a bit sad because walking a leafless forest with the snow gone is a fine experience. You see interesting details that are hidden at other times of the year.

From the hilltop far back in this bush I peer through skeletal trees and see the lake below, dancing sparkling blue in the spring breeze.

The humps and hollows of the land are all visible, and I can see almost the full length of the ravine being navigated by a doe and her yearling. Mom is moving very cautiously, likely because she has picked up a hint of my scent.



JIM POLING SR.

From Shaman's Rock

Walking here tells me how the woods withstood winter's ravages. Twigs litter the ground, snapped from trees and tossed about by stiff winter winds. Also, some larger, full branches have been brought down by stronger winds and heavy snows.

You get the feeling that all this is part of a natural culling of the weak to make the overall forest stronger, healthier.

Something similar is happening in our human population during this COVID-19 pandemic. The old and the infirm are succumbing in greater numbers, but unlike with trees, the human culling weakens, not strengthens, our population.

There are a lot of older tree folks back here in this forest. Rugged silver birches with shaggy bark look like old men nearing the end of their time, but still hanging on to give shelter to birds and animals.

The most commanding sight in this leafless world are the granite ridges, solid Canadian Shield faces eight to nine metres high. In winter they are obscured by ice and snow. Soon the leaves on the oaks and maples will hide them completely from anyone nearby.

Today they are awe inspiring, dominating this piece of undressed forest but giving no hint of their past. The things they must have seen over thousands of years!

At the base of the rock face I see a splotch of colour. It is the pale tan of dried and dead beech leaves that a young beech refused to drop last fall.

There are others not far off and that is a good sign. Beeches are terrific trees and I hope they all grow up to have long and fruitful lives.

Science has yet to figure out why all beeches don't drop their leaves in autumn. There is no firm evidence of why, but much speculation.

One theory is that holding on to the leaves reduces water loss and provides a small amount of nutrients to the tree during winter and early spring.

Winter leaf retention, called marcescence (mar-ses-sense), is seen mainly on young beeches, or sometimes the very lowest branches of a larger beech. It is also seen sometimes on other species, notably oak and ironwood.

The retained dead leaves are pushed off by new buds that appear at this time of year.

Some people are bird watchers but I am a tree watcher. I find it interesting to follow their transitions through the seasons, standing stoically against extreme elements that often break their limbs, snap their backs or uproot their lives.

They are the one living species on earth whose sole purpose is to benefit other species. They feed and they shelter and give of themselves so others can be well and happy. As we all know, they absorb carbon dioxide and release oxygen, helping to save mankind from its own pollution.

It is important to watch trees and to learn from them. For instance, we are learning more about how trees affect human health.

A 2013 study reported in the American Journal of Preventive Medicine found that human deaths from cardiovascular and lower respiratory illnesses increased with the devastation of ash trees attacked by the invasive emerald ash borer.

The study found that the deaths of huge number of ash trees could be linked to an additional 21,000 deaths – an additional 24 deaths per 100,000 people every year. That is a 10-per-cent increase in mortality for those two diseases.

Naked or fully leaved, there is much more among the trees than meets the eye.

letters to the editor

A bright day in dark times

To the Editor,

With COVID-19 restrictions in place, grocery stores no longer allow reusable bags inside the store. Consequently, shoppers have many plastic grocery bags which need to be recycled. My husband and I have found the perfect use for them. Each day we take two bags on our early morning exercise walk so we can pick up the garbage along the side of the road.

The first morning we started out on North Shore Road, near Stanhope Airport Road in Algonquin Highlands. Very quickly our bags were filled with cigarette packages, candy wrappers, plastic water bottles, Tim Hortons cups and the most common of all – beer cans. Do people drive while drinking and throw their beer cans out of the window? How else can so many beer cans lie along the side of the road!

After cleaning up North Shore Road over several days, we headed in the opposite direction. We walked up Stanhope Airport Road to Barry Line. The mix of garbage was the same. It was heartbreaking to see so much garbage polluting our environment and looking just plain ugly.

As the snow melted, it exposed more and more garbage so we patrolled the same sections of road over again. That was when we found that our newly cleaned sections of road had received fresh garbage. It was disappointing. Did the drivers not see that the road had been cleaned? We are already having a difficult time with COVID-19 so why add to the mess this world is in already?

Every morning we collected more and more garbage. Every morning we got more and more despondent, and then we got angry. We could not think why anyone would treat the road as their personal garbage bin.

Then, one morning, my husband had to work (remotely) and I was walking alone. I had collected two bulging grocery bags of garbage when a pickup truck stopped beside me. In the truck were two young men.

"Have you just collected all that garbage?" the driver asked brightly. I replied that indeed, I had. "Throw it in the back of the truck," he said. "We're going to the dump."

My spirits lifted. Here were two youngsters, who were pitching in. I gladly relieved myself of my bags. They drove on and I saw them stop to pick up some doors that had been abandoned in

a roadside ditch. Probably someone had dumped them because landfill sites are not accepting anything except household garbage at this time. I silently cheered those two young men on.

As I walked home, I noticed a large amount of garbage down a steep embankment. It was too much for my 69-year-old body to retrieve, and in any case, I had no more bags. So sadly, I left it. I made a mental note to come back to collect the fresh garbage that had accumulated since my last trek along this section of road.

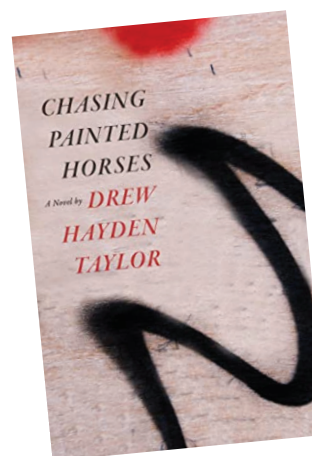
Armed with more grocery bags, I set out the next day. To my surprise I found no sign of the garbage that had littered the roadside just the day before. I was puzzled. Then I got to the embankment. All the hard-to-reach garbage had been removed. I stared in disbelief. Then I continued on my walk with a spring in my step. My day had just got a little bit brighter.

Carolyn Dartnell



Two bags full of garbage collected along a walk in Algonquin Highlands. Good Samaritans have been helping to clean up after litterbugs. /Photo submitted

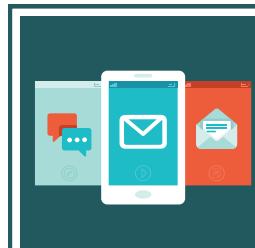
Book of the Month - May



Chasing Painted Horses by Drew Hayden Taylor

Chasing Painted Horses is the story of four unlikely friends who live in Otter Lake, a reserve north of Toronto. Ralph and his sister, Shelley, live with their parents. On the cusp of becoming teenagers, they and their friend William befriend an odd little girl from a dysfunctional family. Danielle, a timid 10 year old, draws an amazing, arresting image of a horse, which gathers her loose group of friends into her fantasy world. But are they ready for what that horse may represent? What does such a vision mean to the girl? To the group? And to the community in which they live?

Chasing Painted Horses is a masterfully woven tale with a magic, fable-like quality that will keep you reading to the very last page. It is one of this year's Evergreen nominees, and is available as an ebook from Haliburton County Public Library.



*Have a thought, comment or opinion
you'd like to share?*

**Send a letter to the editor to
jenn@haliburtonpress.com**

Girl and her dog share life-altering bond

by **DARREN LUM**
Times Staff

Words do little to express the bond shared by Minden teen Emma Gillam and her Doberman, Biggie, who wouldn't be one without the other. They're pretty much inseparable.

Emma gave Biggie a permanent home and he has given her back her life, which was robbed of its joy by mental health challenges. They've been each other's life saver since he came home with her last June.

"Before, I couldn't walk down the street without my insides feeling like they were shrinking and just, I've never been so confident, I guess. He just makes me be me," Emma said, adding there's no judgment. "It's unconditional love. Like, I decide when he comes in and out of my life. He's ... I don't know. He's amazing. He's my best friend. I can't sleep without him."

She accepts him for all his quirks. Their relationship works for them.

Biggie is Emma's service dog, helping her with anxiety and the post-traumatic stress disorder she has endured since Grade 4.

For years, Emma had tried different things. A service dog was about the last thing she hadn't tried.

Before Biggie, anxiety-related "temper tantrums" were common, her mother Tracy Jordan said.

"When her anxiety gets so bad that's kind of the only way it comes out for her not being able to handle it. And she was having those quite frequently, which was getting harder and harder to control. Since having the dog, I can probably only count three, maybe, of those temper tantrums, and they're nowhere near as bad since," Jordan said, before correcting herself that there were likely even fewer than three.

She acknowledges parenting a teenager comes with its share of challenges, but the emotional outburst prevented any type of dialogue.

"It is definitely much easier to come to a resolution [with] because it doesn't get blown out of proportion the way it used to," she said.

Even before Emma and her mother trained Biggie, they knew he possessed great qualities. His helpful and caring nature calmed Emma's anxieties, allowing her to visit the fish hatchery despite her aversion to new experiences.

"That was when we decided that maybe we should look into him being a service dog," Emma said.

Jordan said Biggie helps in many ways, one specific action known as "deep pressure therapy."

"So when he senses her having an anxiety attack, he'll get her attention. Like, either, kind of climb on her or pull her attention away from the anxiety and bringing her attention to him to calm her down," Jordan said. "If she's standing, he'll come up and boop her leg with her nose, or do circles around her or something to get her attention and then when she takes her attention to him, depending on the situation, then it calms her down. If she happens to be sitting on the couch, for example, he'll climb on the couch and get on her lap. So, depending on what position she's in he gets her attention in one way or another and kind of pulls her away from what's going on in her mind."

Jordan and Emma hope their story will raise awareness about the benefits of service dogs for people with disabilities and how financially accessible they are in Ontario, as well as educate the public about being around service dogs.

"When he's in his [service dog] vest and



Minden's Emma Gillam said her service dog Biggie "never fails to make me laugh. He's just the goofiest most weirdest dog I've ever come across. My personality is pretty chill. I like to nap a lot and so does he. If I want to go for a run, he's ready to run. If I want to take a nap, he's ready to nap," she said. "He's always wanting to be with me. He makes me feel good."/>**DARREN LUM Staff**

he's working, he shouldn't be touched. He's doing a job. He's not a pet at that point and just going into stores. Sometimes you get funny looks," Emma said. "A grocery store for example. He's allowed to be in a grocery store because he's a service dog. You get people like, 'Why is there a dog in the grocery store.'"

Another important point is when Biggie has his vest on he is trained to not defecate and urinate.

The idea of the service dog came from Morgan Fisher, a registered veterinary technician at the Minden Animal Hospital, who is a friend of Kristyn Begbie of Snowflake Meadows, where Biggie came from. Emma was a volunteer at Snowflake Meadows for a while before she got Biggie. The teen believes their relationship was meant to be after an adoption for him fell through. It was nearly a month before she convinced her parents to take in another dog to live at their household.

Biggie serves as an important distraction for Emma, whose confidence has grown as a result of his enduring presence, Jordan said.

"It's put her in a routine, which is good and it gets her out and knowing that an animal can't survive without the help of their human they're kind of dependent on each other," she said.

Jordan, who referenced the Accessibility for Ontarians with Disabilities Act, characterized the process of having a dog identified as a service dog as being like filling a prescription.

"So a doctor or a psychiatrist has to write a note, stating that you require a service dog to mitigate your disability. The note doesn't have to be specific because it's for privacy reasons. It depends on the disability," she said.

There are two areas of law that support the use of service animals in Ontario: AODA and the Ontario Human Rights Code. AODA states that service animals are not to be treated like pets and that people who require a service animal for their disability not be excluded from services or from a provider of services premises. The service animal should be easily identified and the owner can present a note from a regulated health professional that the animal is required for a disability.

Emma always has a note with her on her mobile phone from her psychiatrist, who made the diagnosis that she suffers from post-traumatic stress disorder and generalized anxiety disorder.

In Ontario, service dogs can be trained by their owner. There are no set guidelines for training in Ontario, Jordan said. Much of it is common sense, such as the dog needs to take instruction, be well-behaved and not aggressive. It helped that Jordan and her daughter were experienced dog owners. During Biggie's training period, they would periodically ask a friend who owned a pre-trained service dog about what it was trained to do. A seeing eye dog is a different type of service dog, which requires specific training. There are pre-trained service dogs for a variety of disabilities, which are quite expensive.

When Emma first started at the Haliburton Highlands Adult and Alternate Education Centre last year in March, it was difficult due to her propensity to procrastinate. This past year she found focusing was far easier with Biggie.

She has three credits this year and admits she's still behind in her year, but recognizes the progress that wouldn't have been possible without Biggie. Some of her peers have shown a real affection for her dog, including one who makes a point of bringing in treats

for him.

Minden Hills-based therapist and social worker Dianne Mathes knows the benefits of an animal in therapy. She said her pure-bred golden retriever, Shilo, is a "therapy assistant" and was trained by her from when he was a puppy, following her other dogs, Sierra and Jasper. Although her dogs were never formally trained, they've been helpful for young and old patients alike.

"I started building with eye contact with [Shilo]. Showing him my emotions and showing him that when he puts his paw on me, you know, [he] learns how that feels good. And so you teach him to be really attuned with people," she said.

Mathes said depending on the person, this can be helpful because the dog shows what happens if they're stressed and what happens if they can breathe and relax a bit.

"Obviously, people and children in particular can be much more responsive to having a dog come over and do something with them than having another person, right? So, therapy dogs, because I've done all this background work with him, around helping him know different emotions through me, if a person breathes and let's say they start to cry, his response is to go and put his head on their lap. If they start to get frightened, he'll take a paw and gently put the paw on their leg or stand beside them and give them a bit of comfort. And I say, 'Shilo is showing you that he's trying to calm you down, or he's trying to soothe you or trying to comfort you.'"

When Shilo feels the person is calmer, he exhibits a clear indication of the change.

"You'll see him take a big, deep breath and [he] sort of goes, 'Aaaa,' and then he goes over and lies down. It's like his job is done," she said.

She gives part of the credit for Shilo to her breeder Kaitlin Luck, who runs Minden-based Cedar Grove Golden Retrievers where dogs are trained with attention to being emotionally sensitive to their needs, including lots of touch and stroking.

From her experience, owning animals and seeing them in action with patients, she is amazed by their abilities.

"I've learned animals want to help us in so many ways. They want to soothe us and help us and support us. They are so willing to try so many different things to make that connection with us and get our approval and have a relationship with us. It's taught me so much how animals communicate and how I can communicate without necessarily always doing as much work as I think I have to," she said.

Her advice for others looking to train a dog for service or for companionship is about making an emotional connection. The rest just falls into place.

"If you're really focused on being in an attuned, connected relationship on an emotional level with an animal and you're very gentle and quiet with him, he will just start to naturally respond to you," she said.

Emma admits her relationship with her dog isn't perfect, but she wouldn't have it any other way, particularly during the pandemic that has been a source of stress for everyone.

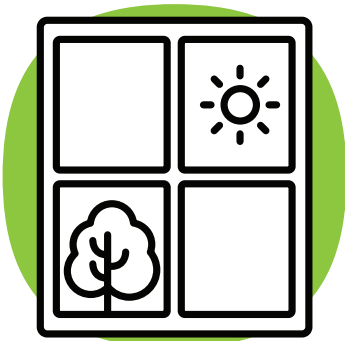
She cannot begin to imagine her life without Biggie.

"Not a chance. I keep thinking that," she said. "Like anybody, when you spend too much time with a person or whatever, you do butt heads eventually. We do have our moments and bits of anger where he does things, spiteful things that make me mad, but we get over it. I just look at all the positive things that he does for me. I definitely wouldn't be laughing as much as I do and he keeps me sane."

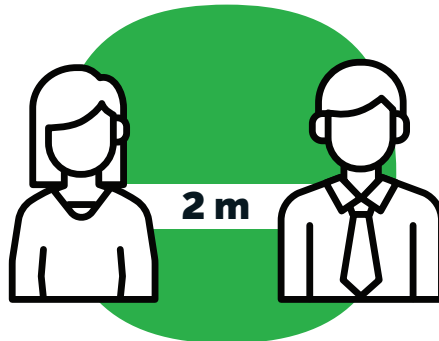
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Home builders pleased as some activities set to resume

by JENN WATT
Editor

The provincial government's decision to allow some construction activities to resume was good news for the Haliburton County Home Builders' Association, which issued a press release on Friday, May 1 praising the decision.

"Building new homes and communities is a long, complicated process and requires different construction activities over a number of seasons," Keith Thomas, president of the local home builders' association said. "Losing the entire construction season for site servicing would be setting our local housing supply back, and risk the homes that our clients are looking to move into next year. Under the new provincial guidelines, we will continue to deliver homes safely today and in the future."

As of May 4, the province is permitting work to resume in several areas, including site preparation, excavation, and servicing for institutional, commercial, industrial and residential development.

Those activities had previously ceased as a precaution to limit the potential spread of COVID-19.

The home builders' association said earthworks and site grading allow for physical distancing as each operator is in their own machine and noted that site grading is essential to every construction site.

"In addition, the decision allows for site and land-servicing projects to commence or continue new residential, industrial, commercial and institutional developments. Underground servicing, the installation of stormwater controls, water pipes, sanitary sewer pipes, road construction, including curbs and sidewalk, landscape works, trails, parks and utilities (telecommunications, water, gas, electricity, etc.) are necessary for the activation of new homes and eventual occupancy," the press release states.

"We are allowing certain businesses to reopen under strict guidelines because we are confident they can operate safely and adapt to the current environment," Premier Doug Ford said in an announcement Friday. "While further reductions in the spread are needed before we can begin reopening the province, we have the right framework and the right work-

place guidelines in place to do so gradually and safely."

Sixty guidelines have been established to help employers reopen workplaces safely to protect workers, customers and the public, according to the government.

The home builders said the industry supports shuttering any site not respecting the Ministry of Labour's guidelines for construction site health and safety during the COVID-19 pandemic.

"We all want safe job sites," said Joe Vaccaro, Ontario Home Builders Association CEO. "Adding these new construction activities along with new provincial COVID-19 health and safety guidelines means members will continue to focus on worker safety while delivering keys to the thousands of families waiting for their homes to be completed. We can keep each other safe while delivering housing supply across Ontario."

Other work permitted to resume as of May 4:

Garden centres and nurseries with curbside pick-up and delivery only;

Lawn care and landscaping;

Additional essential construction projects that include:

shipping and logistics;

broadband, telecommunications, and digital infrastructure;

any other project that supports the improved delivery of goods and services;

municipal projects;

colleges and universities;

child care centres;

schools; and

site preparation, excavation, and servicing for institutional, commercial, industrial and residential development;

Automatic and self-serve car washes;

Auto dealerships, open by appointment only;

Golf courses may prepare their courses for the upcoming season, but not open to the public; and

Marinas may also begin preparations for the recreational boating season by servicing boats and other watercraft and placing boats in the water, but not open to the public. Boats and watercraft must be secured to a dock in the marina until public access is allowed.

Council reclaims reins in Minden Hills

by CHAD INGRAM
Times Staff

The following are brief reports from an April 30 online meeting of Minden Hills council.

Councillors repealed a delegation of power bylaw that had been passed on March 19 after the township declared a state of emergency amid the COVID-19 crisis. That bylaw had put the decision-making powers normally vested in council in the hands of the township's emergency management group, which consists of some members of council, the township's chief administrative officer and a cross-section of department heads, as meetings of council were suspended. The repealing of that bylaw effectively puts council back in the proverbial driver's seat.

"It's the first step of returning back to normal in Minden Hills," said Mayor Brent Devolin, adding that after a period approaching a couple of months in duration, regular committee-of-the-whole and council meetings would be resuming, although in an online manner. "This is a good day for us."

Councillors and staff are participating in meetings remotely using online teleconferencing platform Zoom, with the meetings broadcast via YouTube.

Dealing with problem pigeons

A staff report on dealing with a flock of pigeons living in Minden's downtown will come back to council after councillors received a letter from a downtown business owner saying the birds, and their droppings, are beginning to affect his business. "I cannot be the only business affected by this,"

the letter reads. "I don't want to move out and leave another empty building on the main street."

Partnering on Waste Wizard

The Township of Minden Hills will partner with the Township of Algonquin Highlands and the Municipality of Highlands East on the use of the Waste Wizard app, which provides residents with waste management information such as what items can and cannot be recycled, which items go in which bins at landfills, alternative suggestions for waste disposal and diversion, etc. The app is customizable, allowing each municipality to update it with its own information.

Algonquin Highlands and Highlands East began use of the app last year.

As a staff report explained, the app is delivered at a flat rate regardless of how many of the county's four municipalities participate. The annual cost is \$2,875 plus HST, which means the cost for each of the three participating municipalities is \$958 plus HST. The money was included in Minden Hills' 2020 public works budget.

Miller gets paving contract

The township awarded a contract worth more than \$400,000 to Miller Paving Ltd. using the sole-source provisions in its purchasing policy after the company was the only one to bid on the job.

That contract is for the application of cold-constructed asphalt pavement (CCAP) and road resurfacing in various locations throughout the township. Miller's bid was for just more than \$374,000 plus HST, bringing the total for the job to just less than \$425,000.

Bell offers wireless home internet in Algonquin Highlands

Algonquin Highlands is on a list of seven new communities in Ontario and another nine in Quebec that will be receiving "wireless home internet" from Bell.

The company announced in April that it had accelerated the rollout of the service to up to 137,000 more homes than planned by the end of April. Between the new communities and those with expanded coverage, 180 locations will receive the service.

"Bell's Wireless Home Internet program is dedicated to bringing full broadband internet speeds to rural communities and other traditionally underserved locations," said Mirko Bibic, president and CEO of BCE Inc and Bell Canada, in a press release. "And with [wireless home internet] usage growing 40 per cent over the last month, the COVID-19 crisis has clearly underscored the value of the service to customers in smaller communities."

The internet service, which is specifically for rural and hard-to-reach homes, provides up to 25 megabits per second and Bell says it intends to better those speeds in the future.

Staff

Practice COVID-19 protocols if using boat launches

DORSET NEWS

Lee Ross

burgesslt@me.com

Boat launches in the Township of Algonquin Highlands are currently open, with users being reminded to practice appropriate COVID-19 protocols: Stay home if you are unwell, practice physical distancing of two metres, clean your hands frequently and avoid touching surfaces and sharing items.

Many people are out walking, enjoying the beautiful weather while they're able, but unfortunately, a lot of us are ignoring posted no trespassing signs. Property owners have been capturing people walking on private property on their trail cameras, and in a lot of these cases people are stepping over no trespassing signs to access these properties. With wild turkey and black bear hunting seasons currently open, we need to be extra careful when out walking, as many of these private properties are used for hunting. For a hunter it can be very frustrating when you put in hours of work and lots of effort, for it to all be wasted when someone trespasses and scares the wildlife. For landowners it can be a liability if someone gets injured on private property.

With the long weekend coming up and people heading north, please be safe and practice social distancing so we can put this all behind us.

Happy birthday to Bill Johnson, John Shepherd and John Thompson. For birthdays and submissions please send them to burgesslt@me.com.





Archie Stouffer Elementary School

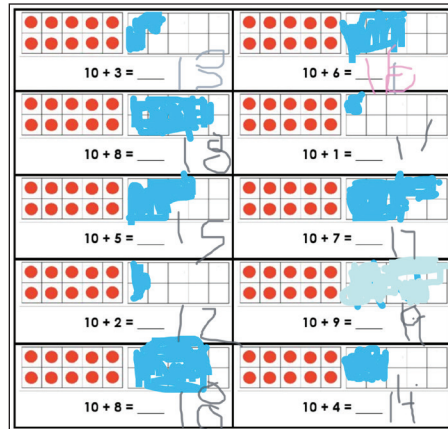
Learn@Home program

Mrs. Tokar's kindergarten class

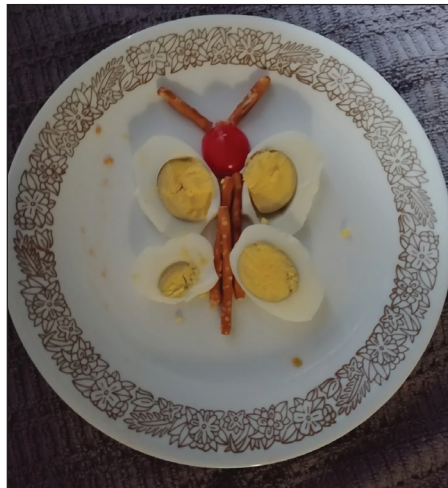
Students in Mrs. Tokar's kindergarten class have shared examples of different ways in which they've been learning while at home.



Arianna built habitats for toy frogs using homemade play dough and loose parts in a bin.



Brody practiced counting on, a math skill, using 10 frames.



Jamie made a work of art out of a healthy snack.



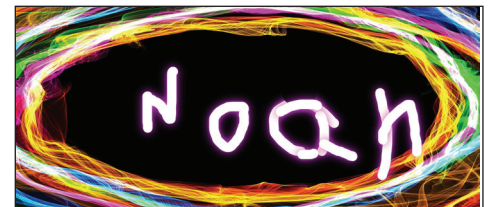
Greyson created edible butterflies out of cucumber, celery and carrots.



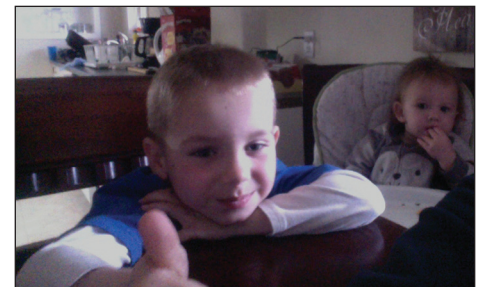
McKinley practiced measuring skills while she helped her dad make garden boxes for her mom's garden.



Lucas helped his family by painting a bunny cage.



Noah practiced a new way of name writing, filled with colour.



Tripp worked on math at the kitchen table.

Mrs. Kernohan's 7/8 class

Students in Mrs. Kernohan's Grade 7/8 class learned how to write formal emails - and practiced their skills by writing emails to front line workers. Here are a few of the submissions:

Dear COVID-19 Front Line Doctor,

Thank you for your hard work day through night, and working every day to keep the patients that come to your hospital safe and secure. Also, thank you for getting up every day knowing that your life could be risked due to the spread of COVID-19, you are very brave. Thank you for keeping the community safe by helping the people that may have COVID-19 by keeping them isolated. But I'm not just thanking you for what you are doing for COVID-19 but thank you for what you have done every day for the last 10 years or 1 year, but now people are recognizing what you do because you are stepping up to the plate to help fight COVID-19. I also thank you for keeping me safe for the last 14 years I have been alive because if I didn't have a doctor I would have been in pain for quite a while, and thank you for helping with COVID-19 to help me have a fun and healthy future. I have also seen on TV that some doctors and nurses are getting cuts and rashes from the mask that you have to keep wearing. I am sorry that that is happening because you are just trying to keep people safe. To me that is brave and you have courage to stand up to COVID-19. To me you are a hero. Please

keep safe and thank you for doing you part to help fight and stop COVID-19.

Sincerely Austin Boylan

Dear Mrs Ritchie,

Thank you for all your hard work around Haliburton Highlands Health Services Hospital. You make the patients feel comfortable, you talk with them, make them feel special and make them laugh on a daily basis. This is what makes you an amazing nurse, you look after your patients with great care. During this pandemic, we thank you for all you do. I hope you continue to stay safe.

*Take care,
Dalton Fairey*

Dear Nurses,

Thank you for staying at the hospital and taking longer shifts during this hard time. You are helping save many lives, You are making a huge difference in our world. Thank you for being our heroes in these hard times.

*Sincerely
Jayde Rowden*

Dear front line workers,

My family and I are forever grateful for your hard work. As an essential service, you are risking your health and safety, and

that of your family by showing up to work. I understand that shifts can be long and unpredictable, you can be exposed to stressful and dangerous environments, and that can be very hard for you and your families. I know that some restaurants and food organizations are sending food to hospitals for the staff, which is good. My family and I are doing our best to stay inside and self isolate from everyone, even if it gets boring.

Thank you for listening and I hope you stay safe!

Sofia

Dear Grocery Store Cashier,

Thank you for interacting with hundreds of people every day, risking your health and well being for people to buy groceries they need. I appreciate you for the mouths you help feed during this time. I hope you are safe and healthy.

Sincerely, Miles Bascombe

Dear Mahmaw,

I just wanted to send you a thank you for all the great things you are doing as a front line worker.

Thank you for working hard on the front lines and selling people food, water, prescriptions and essential products. Also there are not many people who are as funny, brave and hardworking as you. If there weren't people like you people would starve, dehydrate and

not get their medicines. Everyone thanks you very much.

Sincerely, Kadin

P.S. I love you and miss you very much and hope to see you soon.

Dear Doctors,

Thank you so much for everything you are doing, and everything you have done. The township of Minden is very grateful to have you. We all appreciate you very much, and all the sacrifices you have taken to stop the Covid-19 pandemic, and keep everyone safe and healthy. My family and I are doing everything we can to self isolate, and social distance. I hope you, and your family take care, and be safe. Best of wishes.

Sincerely, Melanie

Dear Truck Drivers,

I wanted to thank you for being amazing at what you do. Every one of you is what is keeping everything right in the world, without you we wouldn't have everything we have right now. Not everyone realizes it, but right now the truck drivers are one of the most precious workers out there during these times. I hope that when this is all over everyone gets the credit you deserve for being out there in the field doing what you do best.

*Sincerely,
Macy Thompson*

Provincial parks closed until at least May 31

by **CHAD INGRAM**
Times Staff

Anyone looking to go camping in a provincial park this spring will be waiting at least until May is over, and potentially beyond.

Amid the ongoing COVID-19 crisis, the provincial government has announced that all its parks will remain closed until at least May 31.

“Parks staff are busy getting properties ready for when they are able to be re-opened

to visitors,” Natalie McMorrow, acting superintendent park superintendent for Balsam Lake, Queen Elizabeth II Wildlands and Indian Point Provincial Parks, told the *Times* in an email. “Staff are currently completing various tasks and required training in preparation for re-opening provincial parks when it is safe to do so. We are working hard to ensure that we are prepared to continue to offer exceptional customer service and camping experiences to park visitors. Ontario Parks is continuing seasonal recruitment of staff and students as in past years.”

The closures mean all and any activity in

provincial parks is prohibited.

“In order to keep Ontarians safe during this COVID-19 pandemic, provincial parks and conservation reserves remain closed,” McMorrow continued. “This includes car camping, backcountry camping, roofed accommodations, day use opportunities, access points and all public buildings. We understand this extension may impact many Ontarians’ plans during the month of May.”

According to the Ontario Parks website, reservations for arrivals up to and including any further closure deadline extension will be cancelled and completely refunded with

no penalty.

“We are also providing penalty-free refunds to reservation holders who wish to change or cancel their 2020 camping reservation, regardless of arrival date,” the website reads.

In the Township of Algonquin Highlands, its Haliburton Highlands Water Trails remain closed. Some of the campsites are within Crown land, some within conservation reserves, but all remain closed at this time. The township is not accepting any new reservations.

Graduation ceremonies postponed at TLDSB schools

Uncertainty about future physical distancing guidelines leads to decision

by **JENN WATT**
Editor

All June graduations throughout the Trillium Lakelands District School Board will be postponed, the director of education announced in a letter to the community on May 1.

Without being able to easily predict what physical distancing protocols will be in place in the next two months, it was decided the ceremonies could not take place as usual.

“We have not taken this decision lightly as we know how important the opportunity to

celebrate our graduates is for all of us,” Larry Hope, director of education, wrote. “We have asked our schools to work with their stakeholders to develop a plan to honour our students, and those plans will be developed over the coming weeks.” His letter said that TLDSB is also fielding questions about when schools will open again.

“We continue to follow the direction provided by the province, and clearly we are on the same page as we want to do everything as safely as possible. At this time we do not have a return date that is assured. As we learn more, we will certainly update our communities as quickly as possible,” he said.

Hope’s letter also outlined the results of a survey that garnered nearly 3,200 parent responses gauging satisfaction levels with the Learning@Home program.

It showed people are satisfied, for the most part.

On the question of online programs and tools, 68 per cent were satisfied, 11 per cent

dissatisfied, and 20 per cent chose neither.

On the question of communication between home and school, 79 per cent were satisfied, seven per cent dissatisfied, and 13 per cent neither.

On the question of quantity of school work, 65 per cent were satisfied, 14 per cent dissatisfied, and 20 per cent neither.



HHSS principal Chris Boulay speaks to the graduating class of 2019. Trillium Lakelands District School Board will not be holding grad ceremonies in June due to precautions taken to limit the spread of the coronavirus. /JENN WATT Staff

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		3				1		8
1	9		7	4		5		
8	5		2			9		
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Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 13

COVID-19 and your septic system



Septic owners should be mindful that every septic system has a finite capacity.

If your system is stressed or overloaded beyond its capacity, you could end up with a messy, costly failure.

Self-isolation and shelter-in-place policies can stress septic systems – Are you spending more time at home and trying to keep the coronavirus at bay? This can increase the load on your septic system. More food is being prepared at home. Many people are washing more dishes.

More laundry than usual – Many families are washing clothes, linens, towels, etc. more often, especially if someone in the home is self-isolating or quarantined. Some people are stripping down and washing their clothes after having been outside.

All this extra water usage and food waste going down drains increases the stress on septic systems.

Disinfecting wipes and other toxins – In an effort to prevent the virus from spreading, many families are using higher than normal amounts of wipes and cleaning products

We all have enough to worry about with the health and economic impacts of the coronavirus. A septic system backup or leach field failure right now on top of everything else would be disastrous.

Septic Care Checklist

So what can you do to reduce the stress on your septic system and prevent overloading it?

- Never use bleach and minimize antibacterial products in a home with a septic system

- Never flush wipes of any kind – there is no such thing as a flushable wipe in a septic system.
 - Use regular, good old fashioned soap for hand washing. There is no need to use soap containing harsh anti-bacterial agents which are toxic to the microbes in your septic system.
 - Never do more than one water consuming activity at a time – e.g. do not do dishes and laundry at the same time as this can overload your system.
 - Only do laundry when you have a full load and only do one load per day.
 - Take showers of five minutes or less instead of having a bath, which uses more water.
 - Never use chemical products in your toilet tank, like cleaning pucks that turn the water blue. Stop using them.
 - Add more needed bacteria and enzymes to your system by adding seven scoops of Ecoethic Septic Treatment once a month (available at Organic Times in Minden <http://www.organictimesminden.com/>).
 - Fix leaky plumbing fixtures especially toilet flappers that can allow hundreds of gallons of extra water to leak into your septic system.
 - If you have not had your septic tank pumped in five years, contact a septic service company (they are considered an essential service) and arrange to get it done as soon as possible.
- The Basics – reduce water use and spread it out over the day and week, do not let any antibacterial product down your drains and supplement the good bacteria and enzymes once a month.

Pace yourself

WE ARE STILL in a state of lockdown thanks to COVID-19 but it's warm and sunny outside. My guess is that most of us are going to take spring cleaning to a whole new level. What else is there for us to do? There are windows to clean, cars to wash, garages to sweep, lawns to rake and seeds to plant. Depending on where you live the list could be vast and the workload demanding.

This year I'm changing my approach to the tackling of spring chores. Last August I moved from a postage stamp sized property in downtown Ottawa to a much bigger space in Haliburton. I can't look in any direction without seeing



LAURIE SWEIG

Practical Fitness

leaves to rake or branches to prune or a garden to weed. It could be overwhelming both physically and emotionally. It's easy to get lost in a task and lose track of time. Then there's the "I'll just rake up these leaves over here and then take a break" and another hour disappears. Sure, more gets done, but not without sacrificing energy for something else (like writing this column) or feeling the aching muscles tomorrow. Setting a schedule and sticking to it has been my answer.

The first step in the process is deciding it will be OK to leave something unfinished. In fact, sometimes that makes it easier to get back to doing it. It takes away the decision of what to do next. Sometimes I find that a little paralyzing. I try to prioritize the tasks in my mind; I get overwhelmed so I look at Facebook instead. Then I find myself wondering where the day went. I can't be the only one who does that, or can I?

The next step is set the schedule for the day. Balance between physical and mental tasks. This morning after seeing clients online, I spent two one-hour periods trimming shrubs. There was a lunch break between the shrub work. Fuelling and hydrating are necessary. The key is to not stop for too long or there's the risk of the loss of momentum and stiffening muscles.

After the second hour in the shrubs I cleaned things up enough that I can easily go back to do more either later today or tomorrow. I had a snack and water, now I am writing. Even when it comes to the mental tasks, pacing is also a good idea. Soon I will get up and stretch so that I don't turn into one big muscle contraction later on today.

There was a time I used to work until I would almost fall down. Sure I got more done but I'm pretty sure I didn't enjoy myself as much as I am now. If there's something to learn these days thanks to COVID-19 is that we do need to stop and smell the roses ... or whatever is blooming in your garden.

Something to think about.

Laurie Sweig is a certified personal fitness trainer and spinning instructor. She owns and operates The Point for Fitness. She can be reached at laurie@thepointforfitness.com.

SUDOKU SOLUTION

4	7	3	5	6	9	1	2	8
1	9	2	7	4	8	5	3	6
8	5	6	2	1	3	9	4	7
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5	6	7	8	9	4	3	1	2
2	1	4	3	5	7	6	8	9
7	8	5	4	3	6	2	9	1
3	4	1	9	7	2	8	6	5
6	2	9	1	8	5	4	7	3



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650 OBITUARIES

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In Loving Memory

Hans-Georg Kieckhoefer

Passed away peacefully at Hyland Crest Senior Citizens Home on Friday, May 1, 2020. At the age of 93.


Beloved husband of the late Mathilde (nee Korell) (2018). Dear father of Barbara (Hugh) Trask, Sandra (Steven) Skidmore and grandfather of Christopher. Dear brother of Elisabeth Bartocha and predeceased by his brother Klaus Kieckhoefer.

In keeping with Hans wishes cremation has taken place.

Memorial Donations to the Haliburton Highlands Health Services Foundation (HHHSF) would be appreciated by the family and can be arranged through the Gordon A. Monk Funeral Home Ltd., P.O. Box 427, 127 Bobcaygeon Rd., Minden, Ontario K0M 2K0.



www.gordonmonkfuneralhome.com



In Loving Memory of


Doris Mae Moore (nee Hobden)

Passed away peacefully at Hyland Crest Senior Citizens Home, Minden on Saturday, May 2, 2020, at the age of 92.

Beloved wife of the late Robert John Moore, Dear mother of Sheila (Keith) Cowen, Scott (Donna), Delaine (Blake) Sisson. Loving grandma of Judy (Michael), Colin, Lisa (Steve), Kim (Geoff), Christina, Autumn (Austin), Regan (Ashley), Caley (Craig), and great grandma of Marissa, Kaylan, Kate, Ava, Raleigh, D'arcy, Amy, Max, Calen and predeceased by Cayden. Dear sister of Walter and sister-in-law of Liz, Betty (Mitt) and predeceased by Olive, Blanche (Jack), Alice (Vince), Rene (Lew), Harry (Neva), Lloyd (Ada), Bernie and Iva. Daughter of the late Elfreda and Walter Hobden. Loved by many nieces and nephews.

A Private Family Graveside Service will be held at Zion United Church Cemetery on Wednesday, May 6, 2020.

Memorial Donations to the Charity of your choice would be appreciated by the family and can be arranged through the Gordon A. Monk Funeral Home Ltd., P.O. Box 427, Minden, Ontario K0M 2K0.



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650 OBITUARIES

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Lee Gauthier

Lee Gauthier of Haliburton, Ontario passed away peacefully on April 30, 2020 in her 79th year.

Loving daughter of the late Leonie and Joachim Gauthier. Predeceased by her sisters Estelle Murphy and Clare Needham and brother Eddie Gauthier. Lovingly remembered by her brother Paul Gauthier. Cherished Auntie OZ to Nephews; Mark, Greg, Jean-Paul and Christopher Gauthier, and Paul Joseph & Peter Murphy. Nieces; Patricia Lynch (Tom), Michelle Mesheau (Carl), Marcia Jukes (Paul), Leslie Needham, Paula Needham (Phil), Kelly Hill (Andrew), Stephanie Needham, Kelly Gauthier and Lisa Finch (Chris). Great nieces and nephews and Great-great nieces and nephews.

Lee's life was the epitome of a life well lived. She was a strong proponent of equality issues and worked hard to support and uplift people in her life. From Lee's perspective, this fundamentally meant that we have a duty to be decent, respectful and kind to one another. She was passionate about her community. Lee had an exceptional career in real estate and will be deeply missed by her Century 21 family. She was also extremely gifted in many artistic areas. Lee's artwork evolved from graphite works to 12x12 acrylic canvases inspired by nature, a book she read, a place she has been, a favourite view or a spiritual rendering of a concept. Lee also created beautiful landscapes. She was a skilled writer and loved participating in OutLoud Womyn's Voices. Lee loved nature and animals, whether it was caring for her cats or her deer family. Lee loved to travel and experience different places in the world and this gave her an appreciation and respect for all people and cultures. She will be fondly remembered and greatly missed by all her family and friends.

A celebration of life will be scheduled after COVID-19 restrictions are lifted. As an expression of remembrance, donations to Minden Cat Angels or the HHHS Palliative Care Unit would be appreciated by the family.



With Sympathy



A special appreciation night for former Snowdon Township Reeve Bob Vlck is scheduled for this Saturday at the Haliburton Legion.

The Times

Second Section

The two mens soccer teams play their first home games this Sunday at the Minden field. The first game starts at 12:30 p.m.

A challenging, gentle game

Turnips and butterflies are all a part of this lopsided game they call lawn bowling. In Minden, they've been rolling bowls for almost 10 years.

For almost 10 years now, 'jack' and the boys have been getting together at the quonset hut by the Minden Fair Grounds for some good, clean competitive fun.

The game's lawn bowling. Jack's the target. And the people who make up the Minden Indoor Lawn Bowling Club say it's a ball.

Lawn bowling is a gentle sport, they say, and for this reason there is no age barrier.

To play the game, you roll a "bowl", not a ball, in an attempt to get as close as possible to the "jack"—a white ball about 90 to 120 feet away.

The bowls are oval shaped with a heavy bias on one side. Bowlers roll the bowl, angling it outwards, keeping the weighted side inwards. And when it starts to slow down, it will curve towards the target.

The Minden Lawn Bowling Club plays this sport indoors on special lawn bowling carpets. The game is more like curling than bowling. You can put up a guard, but it's always possible to sneak past the blocking bowls and curve in to be closest to the jack. It's anyone's game until the last bowl is bowled, since hitting the jack can totally change the complexion of an end.

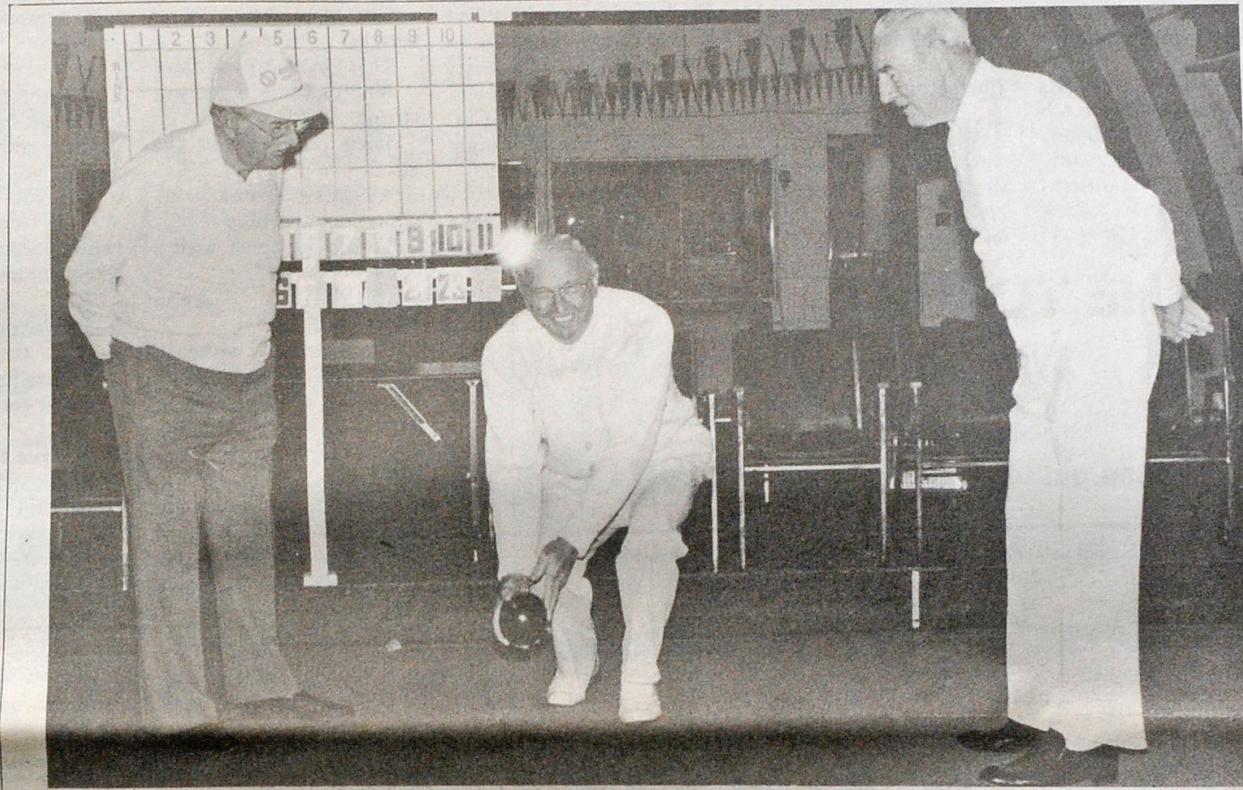
It's plain to see that people who play this game thoroughly enjoy it. Unlike curling, where sweepers have some control over the rock after it's released, the bowl is all on its own when it leaves your hand. That doesn't stop lawn bowlers from coaxing the bowl along, though. In fact, it's almost essential to talk to your rolling bowl.

"Woah baby."

"Get out of there."

"Come on in."

If you roll it the wrong way so it wobbles and dies half way to the jack,



Ross Farr, the president of the Minden Indoor Lawn Bowling Club, got in a bit of practice last week while at the club making plans for the start of the new season. Offering advice are the club's first president Cy Heal and the second president Don Sinclair.

it's called a turnip or butterfly.

It's a challenging, yet gentle game. Some people with bad backs find they can't bowl in an alley, but they can here. Most of the 80 members of the Minden Indoor Lawn Bowling Club are senior citizens, though they would like to encourage more young people to get involved in the game. New members are always welcome.

This year marks the 10th anniversary of the club. The first discussions regarding the possibility of starting an indoor lawn bowling club in Minden were held in the summer of 1978. A field representative for the federal New Horizons program and Reg Booth, the Reeve of Minden, attended the meeting and gave enthusiastic support to the idea. At that time it was thought the

lawn bowlers and the curlers might share a new facility being planned as an addition to the arena.

In order to get a grant from New Horizons, 10 directors had to be appointed to be responsible for donated money. Ten interested people volunteered their services, with Cy Heal becoming the first president of the club.

Since having an indoor green was a fairly new idea in Canada, contacts with successful clubs in England, Scotland and Canada were made to find out how this would best be accomplished.

By June 1, 1979, the proposed new curling club had not yet been approved, so with the encouragement of Minden's new Reeve, Sinclair Nesbitt, it was decided that plans would be made to

start the club at its present location.

On June 16, 1979, on the lawn at Mr. and Mrs. Don Sinclair's home, the first instructions in lawn bowling were given by James W. Burton to about 25 prospective members.

The official opening of the Lawn Bowling Club was held on August 18, 1979, at 2:30 p.m. Thus, this August will be the club's 10th anniversary. The club now has an active membership of more than 80.

Anyone interested in trying the game should contact Ross Farr, club president, at 286-1578. The official opening for this summer's season is May 17 at 7:30 p.m. The club is located on Bobcaygon Road in Minden below the Fair Grounds.

Construction of school addition ready to start

by Jay Kerr-Wilson

The final roadblock in the construction of the new learning resource centre for the high school has been cleared and work on the addition is set to begin this week.

The board of education's Business Administrator Jim Bradley told the trustees at

the last meeting that "last minute" approval for the project had finally come from the Ministry of Education and the building agreement with the Easton Brother's construction company has been signed.

The school board received its funding allocation for the \$1.2 million project in 1987 but it has taken

until the end of this April to clear all the stages of ministry approval. The province is contributing \$609,000 to the cost of the work, which is about half.

The 3,500-square-foot learning resource center will include a library, seminar room and audio-visual room. Also included in the project is the addition of one

more classroom, an addition for storing gym equipment and renovations to the administration area. The existing library will be converted into two special education rooms. Bradley says the work should be completed by the end of 1989.

As a result of the addition of the gym storage facility the two portables

on the west side of the school had to be moved. At the meeting the trustees considered several options regarding the relocation of the two units.

One of the portables is being moved onto the parking lot at the back of the school. Ministry regulations require that portables be at least 40 feet off of the main

building and at least 20 feet apart. Bradley said that moving both portables onto the parking lot would leave virtually no room for cars.

The trustees considered three options for the placement of the second portable. It was suggested that the unit could be moved to

(more on page 33)

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